

Parents who smoke are blasted

WASHINGTON (AP) — Parents who smoke make children "innocent victims" of their addiction, Surgeon General Joycelyn Elders said Thursday. She urged adults to quit smoking inside their homes and cars.

Elders joined ear, nose and throat doctors in launching a new campaign to dramatize the hazards of secondhand smoke and get smoking banned in and around day care centers and schools.

Nine million children breathe secondhand smoke regularly, and at least half of all kids under 5 live in a home with at least one adult smoker, Elders and others told a news conference.

"Hundreds of thousands of children every year will suffer acute attacks of asthma ... brought on by secondhand smoke," said Dr. David R. Nielsen of Phoenix, a leader of the American Academy of Otolaryngology-Head and Neck Surgery campaign.

And tens of thousands of infants under 18 months are hospitalized each year with bronchitis and pneumonias "that probably could have been prevented without this exposure," said Nielsen.

The campaign was launched at a public elementary school, where children paraded in with Stop Smoking signs.

"People simply are unaware of the dangers to which they are exposing their children," said Joan Lunden, the host of "Good Morning America" and spokesperson for the campaign.

"Parents don't hesitate to keep their children out of an asbestos-filled school ... and yet they will still allow smoking in elementary schools today and in day care centers," said Lunden, daughter of a cancer surgeon.

"Secondhand smoke affects ... children for their entire lives. As



HARMING CHILDREN AND GRANDCHILDREN

Surgeon General Joycelyn Elders speaks at Steven Elementary School in Washington on Thursday to kick-off a campaign to address the dangers of children and secondhand smoke. Elders said smokers are inflicting "senseless" harm on their children by polluting their homes with cigarette smoke. (AP)

adults they're twice as likely to develop lung cancer if their parents smoke," said Elders.

She said 750,000 young children are exposed to smoke in day care centers, and 83 percent of schools "still allow smoking some place on the premises."

"We as adults have a choice. But our children have no choice. So we need to get secondhand smoke out of our schools, out of our restaurants, out of our cars as parents, out of our homes. ..." said Elders. "Your children are innocent victims of your addiction."

Several children added their voices to the chorus of smoking critics at Stevens Elementary School, including 5-year-old Wesley Dorf-

man, a kindergartener badgering his mother to quit.

"This has really gotten to me," said Shawn Rubbin, 34, an art director and pack-a-day smoker. "Something's trying to tell me something in a big way. I need to seriously, seriously quit."

Wesley had long complained that "the smoke stinks and everything else," his mother said, but lately he's begun bringing home "specific information about what it's doing to him — or what it could do to him."

"It is doing something to me. It's making me sick. I want no one smoking around me, Mommy," Wesley chimed in. "Tell my Dad that you'll quit smoking."

"I'm going to tell him," promised Rubbin.

Nation has critical blood-shortage

WASHINGTON (AP) — The nation is experiencing a critical shortage of blood, leading the American

tions usually jump immediately after New Year's Day, they haven't picked up this year.

help offset shortages at the Eastern Maine Medical Center in Bangor earlier this week, said the hospit-

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BEWARE

continue to provide jobs. Profits follow from this.

2. **Make poor workmanship and sullen service unacceptable.**

3. **Build quality into the process for work.** Don't depend on inspection and correction afterward.

4. **Don't pick a supplier on the basis of low price alone.** Look carefully to find the best quality and build a long-term relationship with vendors who can supply it consistently.

5. **Improve production and service constantly.** Improvement isn't a one-time "project."

6. **Train.** Too often, workers are left to learn their jobs from other workers who were never trained properly.

7. **Lead.** Don't manage by telling people exactly what to do and punishing them if they don't do it that way. Lead by helping people do the job better. And find out, by objective methods, who needs additional help.

8. **Drive out fear.** Many employees are afraid to ask questions even when they don't understand the right from the wrong way to do a job. When people feel secure about asking, quality and productivity improve.

9. **Break down barriers between parts of the company.** Units of a company often have conflicting goals or waste resources by competing with one another.

10. **Eliminate slogans and targets.** Exhorting never helped anybody to do a job better. Let employees create and display their own positive signs.

11. **Eliminate numerical quotas.** Numerical targets only take into account quantity, not quality or method of work. To hold a job, most employees will meet a quota at any cost. The cost to the company may be inefficiency and expense.

12. **Remove barriers to pride of workmanship.** Most people are eager to do a good job.

13. **Educate and retrain managers and employees in new methods**—including teamwork and statistical techniques.

14. **Prepare a plan of action to carry out the change.** A critical mass of people, including managers and workers, must know enough about the advantages to themselves and to the company of continuous improvement and quality work for it to be sustained. ■

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We've been reporting on the dangers of tobacco...and now Dr. Alan Blum has put all those dangers together.



Very, very scary...

By now, most Americans are well aware that smoking causes lung cancer.

But tobacco is a far bigger villain than most of us could ever imagine. Cigarettes, pipes, cigars, snuff and chewing tobacco kill more than 434,000 Americans each year—accounting for almost one out of five premature deaths in this country.

Lung cancer is just the first in a long and harrowing litany of tobacco-related problems.

OTHER TOBACCO DANGERS

Addictiveness. While some people have likened the addictive potential of nicotine to that of heroin, the good news is that tens of millions of people have been trying to quit smoking.

Back pain. Smoking is probably a major risk factor in recovery from back pain (the leading cause of worker disability in the US) because poor oxygen levels of those who smoke prevent lumbar disks from being adequately oxygenated.

Bladder cancer. Smoking causes 40% of all cases of bladder cancer, accounting for more than 4,000 new cases annually.

Breast cancer. Women who smoke are 75% more likely to develop breast cancer than are nonsmoking women.

Cervical cancer. Up to one-third of all cases of cervical cancer—7,000 new cases a year—are directly attributable to smoking. Women who smoke are four times more likely to develop the disease than are nonsmoking women.

Childhood respiratory ailments. Youngsters exposed to parents' tobacco smoke have six times as many respiratory infections as kids of nonsmoking parents. Smokers' children also face an in-

creased risk of cough, chronic bronchitis and pneumonia.

Diabetes. Smoking decreases the body's absorption of insulin. *Also:* Smoking exacerbates the damage of small blood vessels in the eyes, ears and feet of diabetics.

Drug interactions. Smokers need higher than normal dosages of certain drugs, including theophylline (asthma medication), heparin (used to prevent blood clotting), propranolol (used for angina and high blood pressure) and medications for depression and anxiety.

Ear infections. Children of smokers face an increased risk of otitis media (middle ear infection).

Emphysema. Smoking accounts for up to 85% of all deaths attributable to emphysema (chronic obstructive pulmonary disease).

Esophageal cancer. Smoking accounts for 80% of all cases of esophageal cancer, which each year kills 15,000 Americans.

Fires. Smoking is the leading cause of fires in homes, hotels and hospitals. The toll is astronomical in terms of suffering and of economic loss.

Gastrointestinal cancer. Preliminary research indicates that smoking at least doubles the risk of cancer of the stomach and duodenum—the portion of the small intestine just downstream from the stomach.

Heart disease. Smokers are up to four times more likely to develop cardiovascular disease than nonsmokers. *Mech-*

Bottom Line/Personal interviewed Alan Blum, MD, family physician, department of family medicine, Baylor College of Medicine, Houston. Dr. Blum is the founder and president of *Doctors Ought to Care* (DOC), c/o department of family medicine, Baylor College of Medicine, 5510 Greenbriar, Houston 77005, an anti-smoking group long recognized for its service to public health.

Bottom Line
PERSONAL

...25% of all IRS penalties are erroneous? The IRS commissioner recently reported that \$26 billion of the \$110 billion in tax penalties imposed since 1986 resulted from either IRS or taxpayer error. **Important:** Have a professional check out any penalty before paying.

Randy Blaustein, Esq., New York City-based tax attorney, Blaustein, Greenberg & Co., 155 E. 31 St., New York 10016.

...one-third of all early retirees regret their decision to retire early within six months after leaving work? **Typical mistakes:** Employees who are disheartened by a business's problems take early retirement to leave them behind—then discover they miss the challenge of solving problems. Others who dream of enjoying free time find they have no plan for using it. **Advice:** Think through how you will spend your days after retiring. Consider either declining the retirement offer or taking a buyout and looking for a new job elsewhere.

James E. Challenger, president, Challenger Gray & Christmas, Inc., national outplacement consultants, 150 S. Wacker, Suite 2700, Chicago 60606.

...women are more vulnerable to knee injuries than men? Wider hips put pressure on knee joints. **Fifty percent** of all women suffer from knee injuries. **Self-defense:** Be sure to exercise properly—to strengthen knees rather than hurt them. **Beware:** Carrying around too much weight can make knee joints give way.

Study led by Alfred Tria, MD, at the Robert Wood Johnson Medical School, New Brunswick, New Jersey.

...20/20 vision doesn't mean you see perfectly? It just means you can see at 20 feet what you should be able to see at that distance. Someone with 20/20 vision may still have trouble reading or doing close work, judging depth, changing focus easily, etc.

American Optometric Association, 243 N. Lindbergh Blvd., St. Louis 63141.

...occasional or chronic sleep problems strike approximately 100 million Americans?

American Innerspring Manufacturers, 1918 N. Parkway, Memphis 38112.

...DEET is dangerous for cats? Insect repellents advertised as protection against the deer tick that causes Lyme disease bacteria are hazardous to cats. Cats are more vulnerable to most toxic substances than people—or dogs. They don't have an abundance of the enzymes that break down toxic substances in the liver. **Aim:** Minimize a cat's contact with DEET.

Wayne S. Schwark, DVM, PhD, professor of pharmacology, College of Veterinary Medicine, Cornell University, quoted in *Cats Magazine*, 445 Merrimac Dr., Port Orange, Florida 32019. Monthly. \$18.97/yr.

anism: Carbon monoxide and other poison gases in tobacco smoke replace oxygen on the blood cells, promote coronary spasm and cause accumulation of clot-producing platelets.

Infertility. Couples in which at least one member smokes are more than three times more likely to have trouble conceiving than nonsmoking couples.

Explanation: Tobacco smoke interferes with the implantation of a fertilized egg within the uterus. It reduces the number and quality of sperm cells in a man's ejaculate and raises the number of abnormal sperm cells...and increases a man's risk of penile cancer. Women who smoke are more likely to miscarry or deliver prematurely than nonsmoking women. Some scientists now theorize that toxins in the bloodstream of pregnant smokers pass through the placenta to the fetus, sowing the seeds for future cancers.

Kidney cancer. Smoking causes 40% of all cases of kidney cancer.

Laryngeal cancer. Smokers who smoke more than 25 cigarettes a day are 25 to 30 times more likely to develop cancer of the larynx than nonsmokers.

Leukemia. In addition to tobacco smoke condensate, better known as tar, tobacco smoke contains several powerful carcinogens, including the organic chemical benzene and a radioactive form of the element polonium, both of which are known to cause leukemia.

Low birth weight. Women who smoke as few as five cigarettes daily during pregnancy face a significantly greater risk of giving birth to an unnaturally small, lightweight infant.

Mouth cancer. Tobacco causes the vast majority of all cancers of the mouth, lips, cheek, tongue, salivary glands and even tonsils. Men who smoke, dip snuff or chew tobacco face a 27-fold risk of these cancers. Women smokers—because they have tended to use less tobacco—face a six-fold risk.

Nutrition. People who smoke tend to have poorer nutrition than do nonsmokers. People who smoke also have lower levels of HDL (good cholesterol).

Occupational lung cancer. Although a nonsmoker's risk of lung cancer increases six times due to prolonged occupational exposure to asbestos, that risk jumps to 92 times in an asbestos worker who smokes.

Osteoporosis. Women who smoke experience menopause on

an average of five to 10 years earlier than nonsmokers, causing a decline in estrogen production—and thinning bones—at an earlier age.

Pharyngeal (throat) cancer. Last year cancer of the pharynx killed 3,650 Americans—and the vast majority of these deaths resulted directly from smoking.

Premature aging. Constant exposure to tobacco smoke prematurely wrinkles the facial skin and yellows the teeth and fingernails.

Recovery from injury or surgery. Smokers have delayed wound and bone healing. They also have a greater risk of complications from surgery, including pneumonia (due to weaker lungs) as well as a longer hospital stay.

Stroke. Smoking doubles the risk of stroke among men and women. **Special danger:** In women who smoke and use oral contraceptives, the risk of stroke is ten-fold.

Tooth loss. Use of snuff or chewing tobacco causes gum recession and tooth abrasion, two frequent contributors to tooth loss. ■

The dangers of passive smoking

While smoking has officially been recognized as a cause of lung cancer since 1964, only now are scientists confirming another long-suspected tobacco danger—that breathing air containing someone else's smoke (passive smoking) poses many of the same health risks posed by smoking yourself (active smoking).

A preliminary government report* estimates that each year, on a nationwide basis, passive smoking causes...

...2,500 to 3,300 lung cancer deaths.

...150,000 to 300,000 cases of bronchitis, pneumonia and other respiratory tract infections in children under 18 months of age, resulting in 7,500 to 15,000 hospital visits.

...8,000 to 26,000 new cases of childhood asthma. It also exacerbates symptoms in 200,000 to one million children who already have asthma.

...increased prevalence of coughing, wheezing and other respiratory problems in both adults and children.

...fluid in the middle ear, a common reason for operations in young children.

The report also shows a link between maternal smoking and sudden infant death syndrome (SIDS), although it stops short of saying that passive smoking causes SIDS.

**Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders*, issued last May by the Environmental Protection Agency.

Bottom Line

PERSONAL